

MRS. ALBERT LUDKING

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1928
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BAXTER,

IOWA,

THE
LANGUAGE OF NATURE
Complete

By

J. GUY MUNSELL

Published by
MUNSELL'S MINERAL FOOD COMPANY



1515 Sharp Building
Lincoln, Nebraska

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Second Edition

LIFE FUNCTION GROUP OF FORMULAS

MINERAL FOOD FORMULA A

Chronic Stages

The following signs are the Language of Nature calls by which your bloodstream asks for Mineral Food Formula A.

DISCHARGES:

A small, yellow lump with an offensive odor which may come from the nose, throat, eyes, vagina or from an abscess, boil or carbuncle or from any part of the body; or whenever bone splinters pass from an abscess; all such signs indicate a need for Mineral Food Formula A.

FACE SIGNS:

Muscles of the face sag with drooping lines.

MENTAL SIGNS:

Imaginary fears, such as imagining some one is trying to harm you; fear financial or social ruin; have dreams of impending danger which are groundless; there is great mental depression; become bewildered when attempting to make decisions.

PAINS:

Dragging, sagging or bearing down pains, sometimes having a burning sensation, when not especially severe or acute, are calls for Formula A.

SENSATIONS:

Tired, languid or lazy feelings; no pep or energy; difficult to go upstairs; young people

throwing themselves down on the couch and complaining of being tired; cannot resist the desire to sit down; sensation of weariness in the arms or legs; whenever there is a general downward disposition or a constant desire for relaxation; flickering sensation in the eyes or tickling sensation in the throat causing cough.

SKIN:

Chapped hands or lips; skin hard or horny; cracks in palms of hands or cracked skin anywhere.

SWELLINGS:

When soft, like tumors, or hard like bone (pus swellings are Q, inflamed swellings are K); hard knots in mothers' breasts; swollen glands, either stony hard or like tumors; enamel on the teeth is rough and uneven; bony growths on fingers; enlarged joints.

TONGUE SIGNS:

Cracked or hardened; chronic swelling.

MISCELLANEOUS SIGNS:

Flabby muscular conditions anywhere in the body; flesh is flabby all over the body; soft flabby swellings anywhere, such as tumors, rupture, piles, etc.; soft, flabby or enlarged tonsils; gums soft and flabby, receding from the teeth, leaving them loose in the sockets; the soft palate drops down because it is flabby; curvature of the spine due to the muscles being flabby on one side; joints, such as hip, wrist, knee, ankles, etc., slip out of place or become easily dislocated because of flabby muscles and liga-

ments; weak ankles, broken arches, flatfoot, etc., because of flabby tissues; cataract on the eye; blurred vision after straining; inability to expel stools; wart-like eruptions at anus; dreams of new places and scenes; aching around the bones of the ear; crossed eyes; dark spots before the eyes; blood tumors; enlarged blood vessels; cough when lying down; teething difficult.

BETTER:

Whenever any condition is better after rubbing, or when hard, lumpy, calloused swellings are better after cold applications.

MINERAL FOOD FORMULA B

Acute Stages

All flabby conditions when accompanied with dragging, sagging or bearing down pains that are especially acute or severe, with inflammation, soreness or feverish conditions, or any of the following signs are acute stages which Mineral Food Formula B will more perfectly supply until the acute stage is passed.

MISCELLANEOUS SIGNS:

Belching with taste of food; rupture with inflammation when there is pain at stool; undigested food; spots on the cornea of the eye; dimness of the eyes from overstraining; eyeballs ache; tumors on eyelids; intermittent fever with vomit of food; breathing hurried, oppressed; nosebleed with a discharge of bright red blood; afterpains; bright red menses; hardening of the testicles; when there is pain after

eating food; vomit of bright red blood or undigested food; gums sensitive to the touch; all bright red blood discharges.

MINERAL FOOD FORMULA C

Chronic Stages

The following signs are the Language of Nature calls by which your bloodstream asks for Mineral Food Formula C.

DISCHARGES:

When any of the following discharges from any part or organ of the body are noticed, your body is calling for Mineral Food Formula C. It is a thin, watery, bloody discharge which does not clot easily and is sometimes scalding or irritating. It may pass from the nose, vagina, or any organ or part of the body or from an abscess, boil, sore, carbuncle, etc. The bowel discharge is like rice water, sometimes noisy and sputtering with a foul odor like something dead; vomit that is like coffee grounds; perspiration that has a strong fetid odor so often noticed from nervous people; belch up risings from the stomach tasting like something dead; gas from the stomach has a death odor; unnatural irregular menses that are deep red, thin with strong odor accompanied by headache; blood in the urine; scalding, orange colored leucorrhoea.

FACE SIGNS:

When the face is blackish or bluish, lead or livid colored; hollow-eyed, or dilated pupils;

distorted, sunken, wearied appearance; sweating at meals.

HEADACHES:

Whenever headaches are accompanied by despondency, nervous prostration, exhaustion, or with an empty, all-gone feeling in the stomach; sensitive to noises; stretching or yawning; better after eating or in cheerful company; headaches at the back part of the head or base of brain.

MENTAL SIGNS:

Moaning in sleep; crying moods; shedding tears easily; cross, fretful children; screaming in sleep; nervous dread; shrinking from company; bashful; pessimistic; seeing unreal things; despondency; making mountains out of molehills; worries over nothing; absent-mindedness; after effects of grief, disappointment, anger or fright; low muttering delirium; avoiding conversation; noise is distressing; lack of energy; subject to false impressions; forgetful, gloomy, grasping at imaginary objects; hallucinations; haunted by visions of the past; hearing unreal things at night; homesickness, hysteria from sudden emotions; impatient; night terrors in children; omitting letters or words in writing or speaking; dreams; sleeplessness from excitement, sorrow, or worry; slow comprehension, wandering mind, whining moods.

PAINS:

Whenever there are pains that have the characteristic of lameness or there is a lack of de-

sire to move; parts not paralyzed but feel powerless to move; pains that are worse when you first move, but get better after brief exercise and worse again when weary.

SENSATIONS:

Bruised feeling all over the body; lump or ball sensation in the throat; palpitation or fluttering heart; itching in the afternoon or evening; hunger after eating; empty, all gone feeling in the stomach; feeling of weight in the back part of the head; burning on soles of feet; constant desire to swallow.

TONGUE SIGNS:

Dull, brown like mustard; dry in the morning; sticks to the roof of the mouth; *dark brown* taste in the mouth; edges of tongue are red and sore.

MISCELLANEOUS SIGNS:

Stumble easily; drop things frequently; sudden, dizzy spells when looking upward that pass away; whenever you feel better in pleasant, happy surroundings; sight grows dim when weary; deafness from lack of nervous perception; noises are confusing; cannot hear when there are conflicting sounds; teeth chatter from nervousness; foul smelling breath like something dead; fainting spells; slow, indistinct, difficult speech; easily fatigued; brown deposits on the teeth; bleeding gums; gangrene; all malignant conditions; atrophy or shrinking of parts; debility or loss of sex function; women who have strong sex desire after menses; feeble, ineffectual, tedious or false

labor pains in childbirth; tendency to miscarriage; irregular menstruation, too late, scanty or too profuse, or deep blackish red, thin, not clotting, with offensive odor; hysteria at periods; fear of falling; blushing easily; loss of sight from diphtheria; pulse irregular; itching of urethra; itching of skin on hands and feet; distaste for sweets; excessive hunger; thirst for cold water; paralysis of vocal cords.

WORSE:

All conditions that are worse when first arising from a reclining or sitting position or after hard or prolonged exercise; when alone or in unpleasant or unhappy surroundings.

MINERAL FOOD FORMULA D

Acute Stages

Whenever any of the conditions described under Formula C are of an especially acute nature, like a severe headache, or when nervousness comes to the point of nervous prostration or in any case of brain fever or in the case of any disease that is of a severely nervous nature when there is fever, or if any of the following signs prevail, then Formula D is called for and will answer these needs in a better way.

MISCELLANEOUS SIGNS:

Aching between shoulder blades; paralytic lameness; softening of the spinal cord; painless diarrhoea; stools dark brown; indifferent to ordinary matters; mania in pregnancy; dreams of falling, fire, or ghosts; sweating at meals;

blind headache with flushed face, accompanied by redness of eyes or face; feeling of nail driven over the eye; headache worse when stooping or when rising from a stooping position; headache following mental exertion; hoarseness and huskiness of speakers and singers; dizziness with rush of blood to the head; constant urging to urinate; cheeks hot or red.

MINERAL FOOD FORMULA E

Chronic Stages

The following signs are the Language of Nature calls by which your bloodstream asks for Mineral Food Formula E.

PAINS:

Pains that are worse in the cold, open air, or better in a warm room; pains that are worse after cold drinks or better after hot drinks; pains that are worse after cold applications but better after hot applications or that are better by pressure on the parts or by rubbing; gums sensitive to hot and cold drinks or food; toothache on going to bed; toothache with involuntary flow of tears.

MENTAL SIGNS:

Illusions or delusions, violent nightmares; violent sobbing disposition; carrying things aimlessly from place to place; lamenting mood; unreal sensations; a very vivid but unreal sense of danger; sleeplessness; talking to oneself.

SENSATIONS:

Twitching eyes; colors before the eyes; when-

ever the eyes are sensitive to daylight; pupils contracted; seeing stars or sparks; squinting of the eyes; loss of the sense of taste or smell; feeling of band around the body; mouth feels puckered, drawn or hot on the tongue or roof of the mouth; eyes itch; eyelids droop; dim sight; buzzing in the ears; choking-up sensation; tight, drawn constricted sensation; trembling sensation; gas in the stomach or bowels with bursting sensation; burning sensations inside the body.

MISCELLANEOUS SIGNS:

Shaking conditions in any part of the body of a convulsive or spasmodic nature that cannot be controlled by the will, or cramps that come suddenly and are beyond control, or any condition that is aggravated by cold food or drinks, or that is better after hot drinks; involuntary dribbling of the urine; bed wetting children; hiccough; shaking of the head, hands, legs, etc.; all cramps anywhere; convulsive, spasmodic coughs; coughs that are worse when lying down or when there is no expectoration, or again when the expectoration is flooding or gushing; shrill sounding coughs; clenched fists; fingers that shut tight; contortion of limbs or convulsions of all sorts; voice sounds shrill or harsh with sudden outbursts; stammering or stuttering; profuse, gushing, flooding leucorrhoea; copious, excessive or flooding menses; belching of stomach gas that is tasteless or sometimes burning hot; stools expelled with force; spasmodic or ineffectual labor pains; sudden sneezing or coughing without warning;

craving of sweets; distaste for coffee or sour foods.

HEADACHES:

Excruciating, shooting, bursting, stinging, coming on with a rushing, sudden attack, sometimes extending to the spine.

BETTER:

When a condition is better after taking hot drinks or after hot applications, or in a warm room or in warm weather—hence has a general desire for warm things.

WORSE:

When conditions are worse by reason of all things cold.

MINERAL FOOD FORMULA F

Acute Stages

Any of the above conditions which are especially aggravated or so severe as to be recognized as acute, or such diseases as meningitis or tetanus or lockjaw, when the convulsions are severe with cramping and spasmodic manifestations or there are calls of the following nature, Mineral Food Formula F is the best Formula to use until those conditions become convalescent or are reduced to the chronic type.

PAINS:

Excruciating, shooting, bursting, stinging, darting, cutting, cramping, lightning-like, spasmodic pains or headaches that are of this na-

ture; true neuralgia; excruciating or colic pains in menstruation; spasmodic or false labor in childbirth; cutting pains after urination (unless you find these occur at frequent intervals, in which case the chronic formula would be better); face pains that are worse after going to bed; all abdominal pains that are better when bending double.

MISCELLANEOUS:

Belching when it gives no relief; palms of hands hot; diarrhoea caused by a chill; copious stools; when menstruation is accompanied by colicky pains that are relieved by hot applications, suppressed at first but with copious flow; cannot pass urine; starting during sleep; twitching of muscles in falling asleep; headache from eye defects; better by sudden sneezing; pulse quick and spasmodic; burning soreness in the chest; catch in breath; hot, red gums; copious or flooding menses; burning heat in the stomach; bright, cherry red tongue that looks like raw meat; or a clean strawberry red tongue; a scant flow of urine with frequent desire.

MINERAL FOOD FORMULA G

Chronic Stages

The following signs are the Language of Nature calls by which your bloodstream asks for Mineral Food Formula G.

DISCHARGES:

The discharge for this Formula is albumin,

a discharge resembling the white of an egg, clear, transparent, sometimes inclined to be watery, and it does not matter whether this discharge comes from the nose or throat or from whatever organ, it is a consistent, never failing sign for this Formula G; sometimes streaks of albumin are found in the feces from the bowels. Dr. Bright first discovered albumin in the urine—hence the name “Bright’s Disease.” Sometimes there is albumin in the discharge through the skin in eczema; when diarrhoea follows the eating of fruit; small pimples or eruptions occur at puberty; when there is frequent hawking and expectorating; or albumin leucorrhoea; or vomit after cold water or ice cream; all are calls for Mineral Food Formula G.

FACE SIGNS:

Mineral Food Formula G is needed when anyone’s face has the following appearance: Greenish white, dirty looking, or sallow face; freckles; a greasy look; feeling cold, clammy and numb.

MENTAL SIGNS:

Involuntary sighing or when the mind wanders; seems dull or stupid with inability to concentrate thought; a tendency to impure sex thought; depressed; desire to be alone; resenting consolation; sleeplessness; poor memory; old people who are drowsy; young people who are hard to awaken in the morning; peevish; fretful, irritable children.

PAINS:

Whenever the pains in the body are of a creeping, crawling, grinding, tearing, slithering nature; when the bones of the body ache, or pains that are worse at night or in cold or changeable weather, or worse after exposure; headaches when the head feels too full; school girls who have headaches; labor-like pains before menses; tingling toothache; tonsils hurt when mouth is open; headache with cold feeling in the head; head feels cold to the touch; head feels tight; eyeballs ache.

SENSATIONS:

All cold, numb, quivering, creeping, crawling, slithering sensations, like ants creeping or worms crawling, with tingling or throbbing sensations of the sex organs; or voluptuous feelings; when the eyes are sensitive to artificial light; all automobile drivers who are blinded by glaring headlights should use this Mineral Food Formula G for it is well known that some people do not suffer from glaring headlights as others do, and the reason is that the eyes are not normal when this mineral is deficient and glaring headlights will not be a problem if this Formula G is used until the eyes are properly restored to their normal strength; disgusting taste in the mouth; cold hands or feet; sensations we call being "asleep"; back feels cold along the spine; sensation of cold water running over the body; tongue feels numb.

MISCELLANEOUS SIGNS:

Any and all chronic coughs; whenever men-

struation is preceded by sexual desire or occurs during the nursing period; women who decline during pregnancy or after childbirth; pale, colorless gums; bowlegs in children; hoarse, rasping voice or constant hemming and scraping when speaking; dizziness in old age or when walking; pimples on the tongue; too much urine; catch cold easily; stunted growth; cold, clammy sweat; soft, brittle and easily broken bones; decay in bones; pain at roots of nails; children slow in learning to walk; infantile constipation; constipation with hard stool in old people; wasted conditions in children when teething; disinclined to conversation or to mix with people; headache worse from pressure of hat; breasts feel large during pregnancy; mothers' milk bluish; throbbing in the genitals; loss of hair around the genitals; eczema with white scabs; a craving for bacon and eggs; infant wants to nurse all of the time; malnutrition; cannot stand pressure of head on pillow.

BETTER:

When any condition is better in a warm room, in fair, pleasant weather, in the daytime; when lying down or while resting; that indicates a need for Mineral Food Formula G.

WORSE:

When any condition is worse in a cold room, a cold climate, in cold weather, in the open air, by an open window, in changeable weather; from getting wet or at night time, that indicates a need for Mineral Food Formula G.

MINERAL FOOD FORMULA H

Chronic Stages

The following signs are the Language of Nature calls by which your bloodstream asks for Mineral Food Formula H.

DISCHARGES:

When fibrin (which has the appearance of a thick, stringy, opaque, white or grayish-white substance) is passing from any organ or part of the body, such as often passes from the nose after catching cold, or when the discharge is dark red, black, or tar-like, such as catarrh with a thick, tar-like blood discharge, or leucorrhoea, or menses that are tar-like or clotted or when menses last too long, Formula H is required. Bowel discharge is pale or light colored; skin discharge is in flakes, white or gray, (as scarlet fever or eczema); dark bloody crusts in the nose; milky, thick, white, or grayish-white leucorrhoea; vomit of thick, white phlegm; too much, or dark colored urine.

FACE SIGNS:

Whenever there is a worried look, or the eyes stand out with an appealing, distressed expression, with dark circles under the eyes; or granulated eyelids with feeling of sand, or an excited appearance of the face.

MISCELLANEOUS SIGNS:

The tongue is coated white or grayish-white, crackling sounds in the ears when swallowing or blowing the nose; whenever greasy or fatty

food disagrees, causing nausea or pain in the stomach; when any swollen or inflamed condition is better with cold applications; all dyspeptic conditions that are worse after eating rich pastries; tonsils coated white or grayish, or membrane in the throat that is white or grayish-white; when expectoration following cough is difficult; croupy cough or deep, barking stomach cough; hawking of thick white or dark gray mucus; earache with swollen glands, tonsils, or eustachian tubes; deafness with crackling noises; noises in the ear like snapping or cracking; belching of food with a fatty, greasy, sickening taste; vomit of greasy food or dark clotted blood; stools light, pale color; straining at stool with great pain-extorting outcries; unfortunate after effects of vaccination; the chief Mineral Food in gonorrhoea, bubo, chronic syphilis and chancre; chronic swellings of hands, legs or feet; menstruation during the nursing period of mothers.

PAINS:

Headache with a thick, white coating on the tongue; sick headache with sluggish liver, lack of bile producing constipation; face ache with swelling of cheeks or gums; toothache with swelling; Formula H pains are accompanied with swollen parts; chronic rheumatism with swelling and pain with motion and movement.

MINERAL FOOD FORMULA K

Acute Stages

Whenever any of the above conditions are of an especially acute nature or any of the follow-

ing signs prevail, Formula K will answer these needs in a better way.

SWELLINGS:

Swelling with inflammation anywhere calls for Formula K (not dropsical, or soft tumors, or hard bone-like swelling); inflammation is a good test of K swelling; glands when enlarged or swollen, especially when sore or inflamed; bunions and chilblains; toothache with swollen cheeks; all inflamed swellings in any part or organ; a swollen tongue indicates a need for Formula K.

MISCELLANEOUS SIGNS:

Inflammation of joints; diarrhoea with white stools; eyeballs seem to stand out; swelling on skin with inflammation; vomit of stringy mucus; discharge of cheesy lumps from throat; all menstrual conditions when painful, too frequent, delayed or suppressed; relieved by cold applications or better in the cold, open air; throbbing, beating, pounding, hammering, inflammatory pains; earache, toothache, etc.; pains from burns, scalds, cuts, wounds, any and all mechanical injuries; toothache caused by warm or hot drinks; or better after cold drinks; tender or sore on pressure; painful, short, irritating cough; all fevers and inflammations, congestions, stoppages, uneasiness; eyes bloodshot, painful when attempting to move or use them; cough sharp, acute; hands hot, swollen and painful; worse from rubbing or irritation; head sore to the touch, throbbing, hammering sensations.

MINERAL FOOD FORMULA L**Chronic Stages**

The following signs are the Language of Nature calls by which your bloodstream asks for Mineral Food Formula L.

DISCHARGES:

The discharge is a moist, creamy, golden yellow, sometimes with a sour odor or when the urine has a stale odor; or any discharge that resembles curdled masses. Watery discharges that sometimes smart and bite; all watery and frothy mucus from the nose, mouth or throat; watery discharge that has a salty taste or sensation; vomit is transparent, slimy or frothy; dry catarrhal crusts in the nose; menses are thin, pale, watery; hawking up of salty mucus; drooling; nose drips in the morning; leucorrhoea that is watery and clear and sometimes frothy or that is sometimes golden yellow, or honey-colored with a sour odor; bowel discharge is yellow and has a sour odor; urine is too frequent and too much is passed and has a high color or is tea-colored; sometimes flows by spurts.

MENTAL SIGNS:

When the disposition is suspicious or scheming with selfishness accented, or hatred easily aroused; hot-tempered or fighting moods; quarrelsome, critical, envious, jealous, sometimes with a tendency to suicide; loss of hope; grinding the teeth during sleep; drowsiness; falling asleep during conversation or at public meet-

ings; worried about self; hot tempered, easily losing self-control; talkative delirium; melancholy moods; seeking solitude or resenting sympathy; or the highly exalted state of dancing and singing; weeping disposition; demands much sleep but is not refreshed; sad, dejected, low spirits; tendency to brood over injured pride; picking at the nose; sleeplessness from itching.

FACE SIGNS:

Cold sores, delicate, frail, death-like appearance; red blotches on the face or whenever there is a white ring around the nose or mouth; whiskers fall out in patches; when face is pale with anxious look.

TONGUE SIGNS:

Whenever there are watery, frothy bubbles along the edges of the tongue or blisters on the tip of the tongue, or when the back part of the tongue is coated with a creamy, golden yellow substance, with a sour or acid taste or a taste that sometimes resembles the taste of copper; tongue is sometimes excessively dry; perversion of the sense of taste; things taste unnatural.

HEADACHES:

Whenever there is a dry sensation such as hay fever headaches or the head feels excessively dry; headache in the morning on the crown of the head accompanied with dizziness or nausea; headache before and after menses; after walking; with drowsiness from constipation; much saliva in the mouth; headache be-

gining in the morning and lasting until noon; following exposure to the heat of the sun; skull feels too full; intense pressure headache; unsteady gait when walking.

MISCELLANEOUS SIGNS:

Ears burn or one ear red or hot; eyes glued together in the morning; female sterility due to acid secretions; acid leucorrhoea; pimples resembling flea bites or itching hives; unquenchable thirst; dry signs in the nose, throat and mouth, bowels, vagina or any other organ; hangnails around the finger nails; when there is sneezing similar to hay fever; dry hacking cough or cough with a tickling in the throat or further down, seeming to be back of the breast bone, watery blisters; conditions that are better in the evening but worse in the morning; all conditions that are worse during thunderstorms; parched, dry lips; all conditions that keep coming back at certain times each day or year, etc.—periodical recurrence, we say; burning after urination; menses delayed with headache; menses with headache; itching on the scalp; cough when the head feels like bursting; winter cough; cough with flow of tears and spurting of the urine; oversensitive to pressure; cannot bear to be touched; breath has a sour odor; belch up sour acid risings from the stomach; catarrh with creamy yellow discharge; diarrhoea with much straining and constant urging; itching at anus; frequent urination with inability to retain; dribbling of the urine; colic from worms; limbs give way while walking; constipation alternat-

ing with diarrhoea; stools with a creamy color; difficult to retain stools; heart burn and sour stomach; headaches from stomach derangements; frontal headache; nosebleed after blowing thick yellow crusts out; itching of vulva; menses too early; nightly emissions or without dreams; itching of the scrotum; eczema with acidity; craving fruit or green vegetables; feet cold by day, warm by night.

BETTER:

In the evening or when lying on something hard.

WORSE:

In the morning or cold weather, or in salty atmosphere as along the seacoast.

MINERAL FOOD FORMULA M

Acute Stages

When any of the above described calls or signs from the Language of Nature are observed to be in a condition of special aggravation, or can be described as acute, or any of the following signs prevail, then Formula M will respond to that need in a better way until the acute stage has been overcome.

MISCELLANEOUS SIGNS:

Headache with dull, dry feeling; torn, bleeding and smarting after stool; blisters around anus; dry, crumbling stools; letters run together; tears flow constantly; sunstroke; intermittent pulse; canker mouth; first stages of colds; mania during pregnancy; menses delayed

with headache; burning soreness after urination; emissions during stools; eczema with fine scales; itching of skin after violent exertion; craving for salt; distaste for bread; headache worse on the right side of the head, in temples, or over the eyes.

MINERAL FOOD FORMULA Q

The following signs are the Language of Nature calls by which your bloodstream asks for Mineral Food Formula Q.

DISCHARGES:

Whenever any thick, mattery pus, such as is often expectorated from the throat, sinks in water or when the feces from the bowels sink in water; when there are copious night sweats with prostration or weakness; foot sweats with offensive odor; a tendency to sweaty discharge in arm pits; acrid, itching leucorrhoea or menses with icy cold sensations; pus crusts in the nose; catarrh with a thick, yellow, vile smelling discharge; profuse sweating about the head, especially in children; acrid discharges.

HEADACHES:

The head feels heavy, sometimes rolls from side to side with a noticeable collection of perspiration on the scalp or face; headache when there is a tendency to fall on the left side; headache when small lumps about the size of a pea appear on the scalp.

MENTAL SIGNS:

Those who need this Formula show a distinct disposition to build air castles or they are am-

bitious but cannot persevere; mind is slow and dull to think; disgusted with life; obstinate disposition; absent-minded; difficult to fix attention.

PAINS:

Heavy, sinking, pulling pains call for Formula Q. They are not the drooping, sagging, bearing down pains of Formula A, but they feel lead-like with a pulling sensation in the arms or legs or any part of the body; headache or pains in the abdomen when heavy or feel like lead.

MISCELLANEOUS SIGNS:

A sweetish taste in the mouth, falling of hair in spots, breaking finger or toe nails, itching on the tip of the nose, loose rattling cough, heavy, lead-like feeling in the stomach; toothache that follows chilling or wetting the feet in cold sloppy weather; any condition or disease that is worse at night; roaring sounds in the ears; itching in the genitals; cracking of the skin; itching or sweat on the head; cough caused by cold drinks; cough with tickling sensation deep in throat or windpipe; conditions that follow chilling the feet or suppressed foot sweats; sty on the eyelid; nose sore with little boils around the edges; very itchy; tip of nose red; Formula Q is an important mineral need in leprosy; pains low down in the back; stools recede when partly expelled; difficult to fix attention; oversensitive to noise; congestive or dull, heavy headache; headache from hunger; migraine; feet sore and lame; distaste for meat,

milk or warm foods; infant vomiting immediately after nursing; congestive headache; head feels heavy on top.

BETTER:

Relieved by warm, moist packs or by wrapping up the head.

WORSE:

At night or in the cold open air, during full moon or after chilling the feet.

There seems to be no pronounced condition of a different nature than can be described as acute or chronic as to this Formula Q which responds to all of the conditions described above.

**ELIMINATION FUNCTION GROUP OF
FORMULAS**

The following signs are the Language of Nature calls by which your bloodstream asks for Mineral Food Formula N.

There are no acute or chronic stages involved in any of the three Elimination Formulas given below. These apply in all cases whether acute or chronic.

DISCHARGES:

The discharge is a thick, mattery, pus-like discharge which is sometimes streaked with blood, such as passes from a bloody boil, abscess, or carbuncle. Anyone who is subject to pimples on the face, especially those in youth or at the age of puberty; the discharge from the head when a cold becomes chronic and has

the above appearance; thick, lumpy discharge from the throat, nose, vagina, etc.; the last stages of discharges in acute waste matter diseases, such as croup, pneumonia, bronchitis; and chronic diseases, such as tuberculosis or venereal diseases; all painless abscesses, especially fistula; all tendency to boils with discharge mixed with blood.

MENTAL SIGNS:

Changeable moods, making many conflicting decisions, absent-minded; easily irritated by interruptions; discontented with occupation and seeks different position; moves from one house to another.

MISCELLANEOUS SIGNS:

Abscesses about anus; fistula on anus; pus in stools; sudden loss of consciousness; scrofulous conditions; yellow crusts on the scalp; craving sour food; clay color of the tongue; soapy taste in the mouth.

MINERAL FOOD FORMULA O

The following signs are the Language of Nature calls by which your bloodstream asks for Mineral Food Formula O.

DISCHARGES:

Whenever any discharge is green or dark green, such as sometimes occurs with bilious diarrhoea; dark bitter tasting vomit; whenever any pus discharge turns green when exposed to light; when there is a watery pus discharge in abscesses or cancers; thick, ropish, greenish

discharge from any organ; sometimes green, almost black stools; hard knotty stools sometimes streaked with blood; difficult to expel soft stools; bilious looking; brick dust in the urine; expectoration yellowish; green and watery discharge from any organ abscess or any sore.

HEADACHES:

A surging, bursting, burning sensation in the form of a headache at the top of the head, sometimes extending down the back of the head to the base of the brain; scalp is sensitive; sensation of fullness in the head.

MENTAL SIGNS:

Music is aggravating, especially when of the melancholy nature; drowsy during the daytime; tendency to suicide; wild and flighty mind; irritable and easily aggravated; feeling discouraged, despondent, melancholy; mental conditions worse in the morning or damp weather; spasmodic attacks of delirium; anxious dreams, frequently recurring; dull, stupid, drowsy in the morning; better in the evening; mental troubles after injuries to the head; hopeless, dejected spirits.

MISCELLANEOUS SIGNS:

Bitter taste in the mouth; the tongue is sometimes a greenish or greenish-brown or a greenish gray and is sometimes slimy; mouth full of tenacious slime which sometimes wells up into the mouth or throat; bitter belching from the stomach; yellow on the white portion of the eyeball or yellow in the delicate skin close to

the finger or toenails; earache in damp weather; bells ringing in the ears; eyes burn on the edges; menses with chilly sensation or with morning diarrhoea; dizzy or giddy sensations with feeling of pressure; hands and feet twitch during sleep; tired and weary feeling in the morning; eczema with yellowish, watery secretions and bilious conditions; itching of skin while undressing; cracking or stiffness of joints, such as knee, hip, wrist, etc.; must hold chest when coughing; cough with "all gone" sensation in chest; blisters on eyelids; urine too scanty; rushing of blood to the head; sore throat with feeling of lump when swallowing; bluish edge surrounding abscesses, carbuncles and other pus discharging centers or any conditions where the skin assumes a deep bluish tint; heat in lower bowel; pulsation on top of head; cracks in hands when working in water; distended stomach; palate sensitive.

BETTER:

In a dry atmosphere and in the evening.

WORSE:

In the morning; in damp weather; after eating fish or water plants or water animals, such as fish or water cress; after working in water; worse during or after damp weather.

MINERAL FOOD FORMULA P

The following signs are the Language of Nature calls by which your bloodstream asks for Mineral Food Formula P.

DISCHARGES:

The discharge feels oily, slimy, or greasy or sometimes is thin, or watery and the color is greenish or yellowish green; when leucorrhoea has the above form with a sensation of fullness or stuffiness; when the mucus from the throat is as above described and tough or stringy; a stuffy sensation in the nose with the above discharge; hard, tight cough when expectoration slips back and is sticky; dandruff when the flakes show a greenish or yellowish green color; usually the skin peeling discharge of scarlet fever is a call for this Formula.

PAINS:

Whenever the pains are of a shifting, changing nature, darting from one part of the body to another, usually of a sharp, cutting, stitching nature and are usually worse in a warm room or in the afternoons and better in cool, open air that indicates a need for Formula P, toothache that is shifting in its nature or has the above characteristics.

MISCELLANEOUS SIGNS:

The outstanding signs are insufficient perspiration and the skin is hot and dry; the tongue is light yellow or has a slimy, greasy feeling at the base with an insipid, sickening taste in the mouth; a feeling of suffocation or desire for the open air; a nauseated feeling accompanied with dizziness; drowsy in the afternoon or in a warm room, or any condition of any kind that is worse in the afternoon or evening; lips peel off; little bald spots

on the head (not general baldness); gums have a pale color; odor of sulphur from the gas from the bowels; worse when moving about; moist or sticky eruptions, dizziness with nausea; hoarse cough; white gums; scaly eruptions when they are of a greenish color; distaste for hot drinks; sensation of fullness; thirstlessness; edges of tongue pale.

WORSE:

When in warm room; when the windows are closed; in the afternoon or evening or in the summertime; this Formula is important in hay fever or summer asthma and is the chief deficiency in those persons who suffer in hot weather and must go to the mountains.



